

12-13 Year Old Girls

PRACTICE #9

Station	Drill
1 - 8:00	Eagle Eye Passing 12 player max.
2 - 8:00	Survivor 6-8 players
3 - 8:00	Hopkins Up and Over 6-8 players
4 - 8:00	4x4x3 10 players max
5 - 8:00	3v2 Groundballs 6 players max.
6 - 8:00	Tic Tac Toe Relays 9 player max.
7 - 8:00	Forcing Box 5-10 players
8 - 8:00	Star Drill 6-12 players
10:00	Clearing Progression Whole Team
10:00	Riding Progression Whole Team

Notes:

1. Water is provided at each station and players hydrate during their off time in the station

